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LINING UP JAZZ FEST

Dallas Green of City and Colour will be one of the many musicians who will be featured in the 2013 SaskTel Saskatchewan Jazz Festival lineup. Organizers say they feel this year's diverse list of musicians will be one of the strongest the festival has ever seen. Also confirmed: Herbie Hancock, Serena Ryder and Dr. John. See story on page 2.

VANESSA HEINS/CONTRIBUTED

'A Canadian tragedy' by the numbers

Hard facts emerge. New research finds at least 3,000 children died in residential school system, with disease the main killer

At least 3,000 children, including four under the age of 10 found huddled together in a frozen embrace, are now known to have died during attendance at Canada's Indian residential schools, new unpublished research shows.

While deaths have long been documented as part of the disgraced residential-school system, the findings are the result of the first systematic search of government, school and other records.

"These are actual confirmed numbers," Alex Maass, research manager with the Missing Children Project, told The Canadian Press from Vancouver.

"All of them have primary documentation that indicates that there's been a death, when it occurred, what the circumstances were."

The number could rise further as more documents — especially from government archives — come to light.

The largest single killer, by far, was disease.

For decades, starting in about 1910, tuberculosis was a consistent killer. The Spanish flu epidemic in 1918-19 also took a devastating toll on students — and in some cases staff. For example, in one three-month period, the disease killed 20 children at a residential school in Spanish, Ont., the records show.

While a statistical analysis has yet to be done, the records examined over the past few years show children also died of malnutrition or accidents. Schools consistently burned down, killing students and staff. Drownings or exposure were another cause.

Some died fleeing their schools, including four boys — two aged eight and two aged nine — in January 1937. A Canadian Press report from Vanderhoof, B.C., describes how the four bodies were found huddled together in slush ice on Fraser Lake.

Acting Aboriginal Affairs Minister James Moore, speaking in Vancouver, called the deaths a "horrific circumstance" of the Indian residential school system.

"The residential school fact of Canada's history is a Canadian tragedy," Moore said.

In all, about 150,000 First Nations children went through the church-run residential school system, which ran from the 1870s until the 1990s. In many cases, native children were forced to attend under a deliberate federal policy of "civilizing" aboriginal peoples.

THE CANADIAN PRESS

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NEWS 1

Saskatonians take full advantage of Family Day

Rest and relaxation.
From skating to skiing, residents in Saskatoon made the most of their day off

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Jan Sedgewick, a volunteer with the Saskatoon Nordic Ski Club, poses for a photo at the group's clubhouse on Monday afternoon. She feels Family Day is an important holiday for people to enjoy time together while getting out of their winter rut. MORGAN MODJESKI/METRO

Monday Feb. 18 marked Family Day in the province of Saskatchewan and all over Saskatoon people were taking full advantage of the day off.

One of the many events put on by groups throughout the city was the Saskatoon Nordic Ski Club open house at their clubhouse in Kinsmen Park.

According to Jan Sedgewick, a volunteer with the Saskatoon Nordic Ski Club, Family Day is an important event for the city as it helps residents get through the long, cold winter.

"I think it's nice to have that to look forward to," said Sedgewick. "Even if it's just a day off.... I think Family Day is a necessary thing to keep the winter blues away."

She said a number of people came out to Kinsmen Park to give the sport a shot, noting she feels cross-country skiing is the perfect activity for a day off.

"Cross-country skiing is a really good family sport," said Sedgewick. "It's not something where Mom and Dad take the kids, drop them off and Mom and Dad sit in a hot swimming pool or a cold ice-hockey rink. It's something they can all do together."

Lara Sponagl, who was at the clubhouse with her two step-children and her mother-in-law, said she stumbled upon the open house by accident. She said, for her, Family Day is an important holiday, adding it helps get people out of their winter rut.

"It helped me," said Sponagl. "I don't know if it helps everyone else, but I know getting outside definitely changes your mentality and how you feel about the winter.

"It's a beautiful sunny day, so it's just great to be outside," she said.

On the web

For more local news go to metronews.ca

Putting a twist on it

Across the country

Family Day is held on the third Monday of February each year in Canada, but not all provinces observe the holiday, and many of those that do have put their own twist on it.

Only Ontario, British Columbia, Saskatchewan, Alberta, Manitoba and P.E.I celebrate the occasion.

Manitoba, however, celebrates Louis Riel Day instead of Family Day and P.E.I celebrates Islander Day.

British Columbia celebrates Family Day, but on the second Monday of February instead of the third.

JEFF MACKEY/METRO IN REGINA

Jazz Festival releases early 2013 lineup

Herbie Hancock is one of the many musical guests who will be in Saskatoon this summer for the 2013 SaskTel Saskatchewan Jazz Festival. CONTRIBUTED

The SaskTel Saskatchewan Jazz Festival has announced a portion of its 2013 lineup and organizers say it may be one of the strongest lineups yet.

Featuring Herbie Hancock, City and Colour, Dr. John, and Serena Ryder, the 2013 Saskatchewan Jazz Festival will be bringing some big names to Saskatoon during its run from June 21 until July 1.

"I'm really thrilled about the lineup," said festival manager Kevin Tobin. "This is just the first of many announcements we're going to be making with regards to the lineup, and I believe it's the strongest we've been able to build from top to bottom."

The fact that such large acts will be featured in the 2013 festival is a testament to the festival's growth, Tobin said.

Quoted

"I'm really thrilled about the lineup. This is just the first of many announcements we're going to be making with regards to the lineup, and I believe it's the strongest we've been able to build from top to bottom."

Festival manager Kevin Tobin

"That portion of the programming shows how eclectic the festival is and it's just a reflection of how diverse our audience is," he said. "While some of those artists aren't within the jazz genre, they certainly appeal to the way the festival — and the demographics have changed with the festival over the last five or six years."

He continued: "We are still first and foremost a jazz festival, but it's cool to be able to present these different styles of music showcasing these Canadian artists."

The festival itself is becoming more recognized among musicians, as the SaskTel Saskatchewan Jazz Festival has become known in the industry for its "respectful, but energetic," audiences.

"Like any other product, musicians talk: They talk about their experiences, the quality of the volunteers, the stages, the production, the vibe of the city and I think our festival has a really good reputation — actually a great reputation — for treating musicians right," Tobin said.

MORGAN MODJESKI/METRO

National police squads bracing for staff cuts

Federal program. Tories turning off $400-million tough-on-crime tap

The end of a federal program that was aimed at putting more cops on the street is threatening anti-gang squads and aboriginal police and could stretch existing police resources across the country, law enforcement officials say.

The Police Officer Recruitment Fund was set up in 2008 with the aim of adding 2,500 more police officers in Canada.

The federal government budgeted $400 million for the fund as part of its tough-on-crime agenda.

Provinces were given the responsibility of deciding how to spend the money, and the two most populous received the biggest share, with $156 million going to Ontario and $92.3 million to Quebec.

In Quebec, several regional organized-crime squads were set up as well as Project Eclipse, a Montreal city police unit originally targeting street gangs, which has since had its mandate widened to focus on organized crime. The force's cyber-crime squad has also been beefed up.

That eclipse squad is one of the units fighting a renewal of Mob violence linked to a power struggle in the Montreal Mafia.

Now its future is in doubt, as the program ends in March.

In Alberta, $42.4 million from the fund allowed for the hiring of 83 officers to bolster the Alberta Law Enforcement Response Team, which has targeted gangs, drugs and child exploitation throughout the province since 2006.

Chief Stephen Tanner, president of the Ontario Association of Chiefs of Police, pointed particularly to shortfalls in aboriginal policing. Eleven officers will likely be cut from the 150-strong Nishnawbe-Aski Police Service, one of North America's largest indigenous police departments.

He said pulling about $1 million in police salary from the aboriginal force could actually end up costing $2 million to $3 million if the OPP has to take over.

"Fiscally, it doesn't make sense."

THE CANADIAN PRESS

Criticism

"(The Conservatives) like to snap their suspenders and tell everybody they're a law-and-order government."

NDP Leader Tom Mulcair

Cyclist bloggers. Round-the-world journey ends fatally in Thailand

A British couple's round-the-world cycling odyssey ended in tragedy when both of them were killed in a road accident in Thailand.

Peter Root and Mary Thompson, who had been chronicling their journey in the blog Two on Four Wheels, died Wednesday when they were hit by a pickup truck in a province east of Bangkok, Thai police said Monday.

The couple, both 34 and from Guernsey in the Channel Islands, left Britain in July 2011 and had cycled through Europe, the Middle East, Central Asia and China.

The trip was a once-in-a-lifetime experience for the couple, who met in art school and spent six years saving money and planning their journey, Peter's father Jerry Root told The Associated Press in an interview.

"They were both inspirational," Root said. "They didn't just talk about it; they did it. I couldn't be prouder of them."

He said they were both experienced cyclists who knew the rigours and risks of extended bicycle travel.

"What helps me is to think of how happy they were with each other. They were leading the life they wanted to," he said.

THE ASSOCIATED PRESS

British couple Peter Root and Mary Thompson, both 34, were killed in Thailand last week. JERRY ROOT/THE ASSOCIATED PRESS

Russia

Scientists recover meteor fragments

Scientists have found more than 50 tiny fragments of a meteor that exploded over Russia's Ural Mountains, and preliminary tests are turning up information about its contents.

However, local residents seem more interested in the black-market value of the fragments. As they search for their own pieces of the meteor, sales offers already are filling the Internet, and police are warning all purchasers to prepare for possible fraud.

The meteor — which injured nearly 1,500 people and caused widespread property damage in Chelyabinsk on Friday — was the largest recorded space rock to hit Earth in more than a century.

THE ASSOCIATED PRESS

Pieces of a meteorite are seen in a lab in Yekaterinburg, Russia, on Monday. THE ASSOCIATED PRESS

Dr. Alan Bates.
Psychiatry Resident
and President
of the Vancouver
Street Soccer
League
VANCOUVER
STREET SOCCER LEAGUE
VANCOUVER, BC
Game
Changer
When psychiatry resident Dr. Alan Bates began volunteering with the Vancouver Street Soccer League, he had no idea how big an impact the game would have on the city's homeless population. Getting together to practice and play games – sometimes in international tournaments – has been incredibly beneficial for the lives and health of the players in the nine-team league. "The returns have been striking: Reduced alcoholism and hospitalizations, players finding homes and jobs. It's amazing what a difference these games make." DOCSFORPATIENTS.CA
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Photo: Sugino Studio Creative: Scott Thornley + Company STCworks.ca

Can PS4 inject some life into home gaming?

Launch rumoured.
New system might steal a bit of thunder back from tablets and smartphones

MICHELLE CASTILLO
Metro World News in London

It's been six years and counting now since the arrival of the PlayStation 3 — pretty much an eternity in tech years — but the wait may be at an end. Will Wednesday be the day that Sony announces PlayStation 4?

While there's no official word from the company, observers have been busy predicting what the long-awaited new system might be like.

It could feature a new control with touch pad capabilities, they say, such as the PS Vita. It could allow more than one user to log in at the same time. It will probably have a more advanced motion support system and be able to stream games and content.

One thing is a fact: PlayStation 4 will represent Sony's attempt to put some interest back into the home-gaming market and to quash rivals Nintendo and Microsoft once and for all, especially in the United States.

"PlayStation 4 could potentially help reignite some interest in the retail console gaming market and top systems, much of the thunder of which has been stolen by smartphones, tablets and alternative gaming devices," said Scott Steinberg, a gaming industry consultant.

Quoted

"They are really angling for (the PS4 to be) a piece of your living room, not only as a gaming device but a digital lifestyle hub."
Scott Steinberg, gaming industry consultant

Telling whoppers on Twitter

Just call it a virtual Big Mac attack. On Monday, Burger King asked Twitter to suspend its account after it was apparently hacked. Starting just after noon Eastern time, the fast-food company's Twitter picture was changed to a McDonald's logo, the background picture changed to McDonald's new Fish McBites and the account tweeted that Burger King had been sold to McDonald's. Burger King hopes to have the account back up soon. THE ASSOCIATED PRESS

Man released following attack on Canadian-owned mining project

A Greek prosecutor on Monday ordered the release of a 54-year-old man hours after he was arrested in connection with an attack on a Canadian-owned gold-mining operation in which about 40 masked intruders torched machinery and vehicles.

Police had arrested the man for "moral instigation" of the attack due to his contributions to an anti-mining blog. The prosecutor later ordered him released without officially charging him, while also ordering the investigation to continue.

By the numbers

95%

The mining company developing the Skouries project, Hellas Gold, is 95 per cent owned by Vancouver-based Eldorado Gold Inc. and is planning a gold mine and processing plant.

Opposition to the Skouries mining project in northern Greece's Halkidiki peninsula runs deep and the area has seen numerous protests in recent months, some of which have turned violent.

THE ASSOCIATED PRESS

Bombardier. Electric buses to be tested in Montreal

Bombardier's electric transit technology will be tested next winter on buses in Montreal, and then in early 2014 on an urban route used by passengers in the German city of Mannheim.

The transportation giant's Primove technology is designed to allow buses to be charged by underground induction stations when they stop to let passengers hop on and off. Small amounts of energy emitted from an electromagnetic field are used to quickly charge batteries on the bus and propel it to the next power source. That removes the need for lengthy overnight plug-ins, allowing the buses to remain on the road longer.

Bombardier will test the technology in Canada's harsh winter conditions at a special track on Ile-Ste-Helene, the home of Expo 67, in partnership with Hydro-Quebec and an undisclosed bus manufacturer. While Germany will test the system using buses filled with passengers, there are no immediate plans to do so in Canada. THE CANADIAN PRESS

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SHE SAYS...
Jessica Napier
metronews.ca

I am a self-appointed restaurant snob. The establishments I frequent usually don't seat more than 30 diners and are regularly featured on best-of lists. And yet somehow I recently found myself at an Olive Garden in upstate New York.

We arrived at 5:55 p.m., an ungodly dinner hour for most urbanites, only to be told that the wait would be an hour and a half. Evidently, this wasn't just THE place to eat in Cheektowaga on a Saturday night. It was also the only place to eat.

I settled in at the bar and ordered myself a supersized glass of wine and drank in the surroundings — this was my first Olive Garden experience after all. Between the throngs of cross-border shoppers and teenaged couples, I noticed the walls were lined with black-and-white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off I-90.

Made in America

Walls were lined with black-and-white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off I-90.

Eventually, we were seated at a table with six extra-wide chairs equipped with wheels, presumably because some people are not physically capable of lifting themselves out of their seats after consuming deep-dish bowls of cheese ravioli. When our eager-to-please server arrived, I noticed that she was wearing a green button emblazoned with the word "hospitaliano," a portmanteau describing the chain restaurant's unique brand of fauxtalian friendliness. Overwhelmed with the laminated booklet full of menu options, I asked her what she recommended. The effervescent 20-year-old lived up to her button mantra and told me to order anything I wanted and she'd make it happen.

I couldn't help drawing comparisons to my favourite no-reservations, no-substitutions authentic Italian restaurant in Toronto where the servers, most of whom look impossibly cool and beautiful, scorn anyone who dares to ask about customizing their meal. It's a masochistic dining experience in which you as the customer are never right and should feel lucky to even snag a spot in the restaurant. In most cases, that spot is upon an uncomfortable stool positioned so close to fellow diners you'll be elbowed in the ribs constantly while they snap photos of their Mason-jar tiramisu.

And yet here I was, lounging in a double-wide rolling chair stuffing my face with reasonably priced penne. After 90 minutes, I found it impossible to hold my body up straight and was just one bite of cheesecake away from smearing a greasy bread stick on my seat to help myself slide out of my chair.

As I lurched out of the restaurant, the crowds were continuing to stream in. My inner foodie cringed but I had to admit there was a certain appeal. I don't care how sophisticated your palate is, everyone can appreciate a hefty quantity of cheesy carbohydrates for just $11.95 US.

Follow Jessica Napier on Twitter @MetroSheSays

Chain-restaurant food for a change. JESSICA NAPIER/METRO

Life's a converted air-force hangar

SEAN GALLUP/GETTY IMAGES

Sunny side of winter

Indoor beach lures sun seekers

Without a cloud in the sky, this beach is the perfect place to relax.

The Tropical Islands resort in Krausnick, 60 kilometres south of Berlin, welcomes up to 6,000 visitors a day who are keen to shed their winter wear for bikinis and trunks. Located on the site of a former Soviet air base, the indoor resort occupies a hangar first built to house airships. METRO

Not quite an island

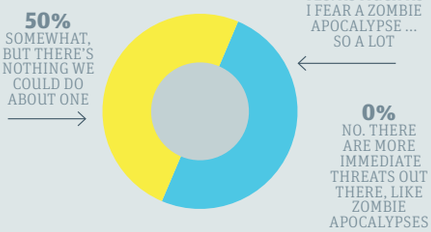
- **Size.** 360 metres long, 210 metres wide and 107 metres tall — New York City's Statue of Liberty could stand inside it, and Paris' Eiffel Tower could lie across it.
- **No sky, no problem for sun seekers.** Special translucent panels in the south side of the roof allow UV light to shine through.
- **Constant temperature.** 26 C inside compared to -20 C outside.

A Malaysian leisure investment consortium saw life in the old hangar and reopened it as an indoor tropical resort in 2004.
SEAN GALLUP/GETTY IMAGES

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you fear a meteor strike?


50%
SOMEWHAT, BUT THERE'S NOTHING WE COULD DO ABOUT ONE
50%
YES. AS MUCH AS I FEAR A ZOMBIE APOCALYPSE ... SO A LOT
0%
NO. THERE ARE MORE IMMEDIATE THREATS OUT THERE, LIKE ZOMBIE APOCALYPSES

Twitter

@LukeSkywatcher7: -17 in #yxe and the sun is still melting the snow on my deck! Gotta love it! Spring is just around the corner! #skstorm

@k_teturner: #HarlemShake videos are my current obsession!! Are there any from #yxe or @usask yet?! #doit #sogood #flashmobonsteroids

@vanner3303: Cold night last night. Furnace took the night off. #saskenergy in #yxe saved the day. Thank you.

@djkeng: thinks she recognized that ice rink in the Shreddies commercial #Saskatoon

@paulywoodSK: Bay City Rollers, Heart, and Fleetwood Mac all coming to #yxe #whatyearisit

@AtchisonDon: Wow! 11 in a row for @bladeshockey Great teams are measured by the road record, not the home, & the Blades have been GREAT on the road. #yxe

metro

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DVD review

Argo

Director. Ben Affleck

Stars. Ben Affleck, Bryan Cranston, John Goodman

Ben Affleck's thriller revisits the 1980 "Canadian Caper" rescue of six U.S. diplomats from Iran and declares it was really a covert American CIA operation all along, one with Tinseltown glitter and car chases. Argo tells this whopper of a tale with style, wit and a level of excitement designed for Oscar and succeeds, picking up seven nominations, including best picture. Does it matter that Affleck's movie, based on Chris Terrio's script, bears about as much resemblance to the real story as a red Twizzler does to a strawberry? Perhaps not, if the crunch of your popcorn can drown out the sound of discarded facts swirling the drain, as so often happens when Hollywood meets history. Despite these and other criticisms — the film is chock full of stereotypes and clichés — Argo is undeniably entertaining. Extras include a director's commentary and several making-of featurettes.

PETER HOWELL

Four eligible bachelors compete to win the affection of one woman through wining, dining and adventurous dates. HANDOUT

Don't make these big date mistakes

Courting with class. Come Date With Me's Wilder Weir offers some basic etiquette tips for meet-ups

Wilder Weir, host of Oh So Cosmo and an eligible bachelor on the upcoming W Network series, Come Date With Me, gives the male take on some of the biggest mistakes women make on a first date.

Texting/constantly checking her smartphone

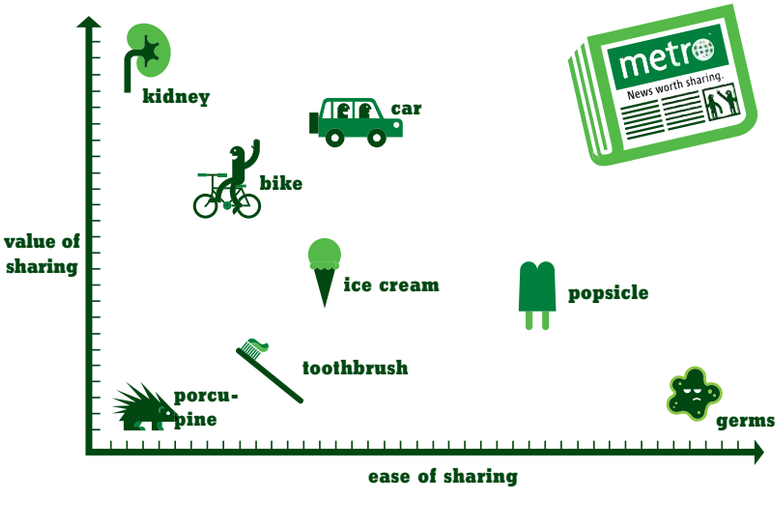
Going on a date can be an insecure situation for anyone. Nowadays when things get awkward or scary, human nature is to bury your head into your phone like a petrified ostrich. In order to escape reality people will re-check empty email inboxes or scroll through hundreds of sepia-toned "selfie" pictures on Instagram, but on a date put your phone away for a few hours! Nothing says "this date is boring" like checking your Facebook between sips of wine at a dinner table. Unless you're sending out a mass emergency text about your location details because you suddenly realize you recognize your date from an episode of America's Most Wanted and are worried your face is going to end up on the side of a milk carton, put down your phone. I don't care if you feel uncomfortable and are one awkward silence away from trying to get to the last level of angry birds, you're being rude.

Talking about an ex

No matter how secure your date is, he doesn't want to hear about your ex-boyfriend who was A) a doctor B) a professional athlete or C) worked with kids. File this idea within the first five dates, under "U" for useless information. Talking about an ex will only create more questions that you likely don't want to answer. Don't get me wrong, I know this is sometimes hard to do, especially fresh out of an old relationship because that person you broke up with was a big part of your life. However, bragging about your ex will only make him wonder why he broke up with you in the first place. METRO

Watch it

Come Date With Me, which sees four men or women compete for the heart of an eligible bachelor or bachelorette, premieres Wednesday night on W Network.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Fertile Fergie fesses up to having lovely baby bump

THE WORD
Dorothy Robinson
scene@metronews.ca

Fergie has some new, growing lovely lady lumps — it was announced yesterday via Josh Duhamel's Twitter that the couple are expecting.

"Fergie and Me and BABY makes three," he wrote. Fergie, 37, followed suit: "Josh and me and BABY makes three!!!" she tweeted, with the hashtag #mylovelybabybump.

Duhamel has been talking about fatherhood for a while. "It'll happen," he told USA TODAY while promoting his new film, Safe Haven. "It's happening.

But every three months she's pregnant (in the press). If she gets a little paunch everyone thinks she's pregnant. It's like well thanks, they're basically calling you fat.

"But like my mom said, well, if she's been pregnant as long as everyone says that she is, well then we're going to have a baby elephant. We're on our own schedule with that."

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1. Take a photo of yourself with the "I Beliebe in Love" ad which appeared on February 14th 2013 in a place you'd like to take Justin on a date. (If you missed the ad you can print it out at www.clubmetro.com/bieber)
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metro
RRSP GUIDE
Tuesday, February 19, 2013

In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, and how much you are willing to set aside. ISTOCKPHOTO/THINKSTOCK

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The earlier you save, the better

Rule of thumb. Try to put 10 per cent of annual income towards retirement

PAULINE ANDERSON
For Metro

If you are like many young people today, you aren't thinking much about retirement — it just seems so far away. But, increasingly, the onus is on you to look out for your future. And the earlier, the better.

A good rule of thumb is, if you are just starting out in the job market, say in your 20s, try to set aside 10 per cent of your annual income towards retirement, says Sue Neal, regional director, Investors Group, Toronto Downtown. "This will create the exercise, or the habit, of putting away a portion of your pay and not spending it."

Those in the above category, take note: Surveys show that baby boomers who are now hitting retirement age report that if they had to do it all over again, they would have started saving much earlier. As it stands, a "sizable" number of them don't start stashing away money until about a decade before they aim to retire, Neal says.

In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, how much you are willing to set aside, and your "risk tolerance," or the amount of investment movement you find acceptable, Neal says.

"We come up with a formula, factoring in inflation, which is often the confusing part when you do it on your own. We can tell you that when you're this age, you will need this much money, and you need to invest in this, and to put this much money into it."

Saving for retirement is becoming increasingly important since fewer employees have defined benefit pension plans, says Lee Helkie, a partner at Helkie Financial and Insurance Services. "We see people working into their 70s, out of necessity, not because it's a hobby."

It's a tough time right now, and people have to be serious about buckling down and staying the course when it comes to contributing to a retirement plan.

"It's possible to do it, but you've got to get on it," Helkie says. And if you can't, or won't, you may have to either retire on less or work longer, she says.

Savings for retirement

$1 million

If you think you will need $40,000 per year when you retire, bank on having $1 million saved (that's right, one million), and if you can get by on only $30,000, you will still need $750,000, says Lee Helkie, a partner at Helkie Financial and Insurance Services. That's just "raw math," assuming you retire at 65 and live until 90. However, it's not accounting for inflation and other factors, Helkie says.

When saving for your retirement, seek out a financial adviser who can look at the big picture. ISTOCKPHOTO/THINKSTOCK

Advisers can answer questions

KRISTA SYLVESTER
For Metro

Every year around this time financial planners are bombarded with clients asking questions about RRSPs — how much should they contribute, should they pay down their mortgage or invest in RRSPs?

Financial adviser Joe Lee-Owe, president of McClary Financial in Calgary, says there is a broad spectrum of clients, ranging from those who maximize their RRSPs and those who don't. He says while there are no easy answers when it comes to RRSPs, he recommends people seek guidance from an adviser who is looking at the big picture.

"It depends on total taxable income, current tax deductions, marginal tax rates, long-term employment plans and retirement goals," Lee-Owe says. "The amounts and strategies vary for each individual and household."

Lee-Owe generally starts by advising clients on how much they should direct to savings in general, and from there determine where the savings should be placed, whether it be a tax-free savings account, open a non-registered account or RRSPs.

Lundgren & Young Insurance financial adviser Robert Eagleson says, generally, the higher the income, the more benefits people will receive from RRSP contributions.

"I read today that Calgarians contribute more than the average, which is not surprising as this is a fairly affluent city," he adds.

How much Canadians need generally depends on how much they make. For example, someone earning $80,000 per year who wants to retire with 75 per cent of their income would need to do the math and calculate the lump sum they would need at retirement given the variables.

But Eagleson says most people need to plan to retire with $1 million — a sum he thinks anyone will need to retire comfortably.

However, even though there are tax benefits to RRSPs and retirement savings benefits, it is possible to contribute too much, according to Lee-Owe.

"I have come across many clients well into their retirement that have contributed too much money in their RRSP's," he says, adding it could become subject to a steep tax rate if the RRSPs don't get spent.

Numbers and facts

- The government started RRSPs in 1957 to encourage Canadians to save for retirement.
- 5,956,010 — number of Canadians who contributed to an RRSP in 2010.
- More than five per cent of Canadians did not make an RRSP contribution in 2012.

Dividing assets if you decide to split up

"Till death do us part" sounds great in theory, but what happens to those coveted RRSPs when you — dare we say — divorce?

Divorce is extremely difficult in the best of times, but it can get even more complicated when you factor in finances, investments and RRSPs, which is why it's important to arm yourself with knowledge.

Jacques de Muelenaere, a financial planner with Winnipeg's Millstone Financial, says RRSPs are treated much in the same way all assets will be treated in a divorce, and RRSPs can be divided.

"A divorce settlement can be a long and drawn out process, but once settled both parties will be bound by it," he explains. "Whether they agree or not doesn't change the terms of the settlement."

De Muelenaere says RRSPs don't receive any special attention during a divorce, but it might make sense for the partner without a pension to request the RRSPs. Often, one person will end up with a portion or bulk of the "family" RRSP, but the process can get complicated and industry insiders, including divorce lawyers, don't typically make the recommendation to split the funds.

"Every situation is unique and a financial planner can help with these decisions," he says. "But, ultimately, it will come down to being part of an overall strategy to split the assets in a fair way."

Once the divorce is settled, any amount that needs to be transferred from one spouse's RRSP account to the other is completed with the help of a Canada Revenue Agency tax form. It's important to know that dividing the funds as a result of divorce won't create a tax issue, but withdrawing the funds from the RRSP without the help of a Canada Revenue Agency tax form can create issues.

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A good day to workout hard

Jai Courtney. Actor who plays Bruce Willis' son in new Die Hard instalment talks to Metro about the movie that made him buff

ROMINA McGUINNESS
Metro World News

Jai Courtney says while he had to get fit for his role in the new Die Hard, he loves beer and pizza too much to take the gym too seriously. SUBMITTED

Courtney suffered a self-inflicted injury on set. HANDOUT

You totally upstage Bruce Willis in this movie. How does he feel about that? He must be mad, no?
Oh gosh! I don't know. You might have to ask him.

I'm not speaking to him. You can tell me.
He's the star. I will always respect that. I certainly have no intention of upstaging him.

Did you and Bruce train together? Did he teach you any good moves?
I learned a lot from him. But Bruce has a lot to think about. He didn't have time to worry about coaching me. There are a lot of people, who are paid a lot of money, standing around to do that.

There's a lot of running and jumping out of windows — I tried counting the amount of cars you guys crashed...
Do you want to know the amount?

Sure.
108.

And how many of those did you crash?
A couple. It was an epic car chase.

Did you have to get in shape for the role?
A little bit. It made sense to. I'm not a gym junkie. I've had to get in shape for a few gigs and I enjoy having to do that.

Was that for your role as the gladiator Varro in the TV series Spartacus?
Yeah. I've never done training like that since. It was the closest thing to torture I'll ever experience. It was a great challenge. There was more pressure then because I was basically in my underwear, all day, every day.

So you had to look good...
Exactly. And there's no better motivation than 30 ripped up guys around you as a means to work hard.

Did you do anything specific in terms of your diet and exercise for Die Hard?
Embarrassingly, I've always approached working out a little bit casually. I'm a bit of a wuss when it comes to that sort of stuff. You just have to cut the carbs and hit the gym a little. I was doing a lot of low impact cardio — like walking and jogging. I'd go first thing in the morning — before having anything to eat. It starts up your body engine and speeds up your metabolism. I did a little bit of weight work. But ever since Spartacus, I've not worked with a trainer. I don't want to be pushed that hard. I'm too fond of beer and pizza to live my life by that kind of code.

Which of the stunts did you do?
We did pieces of just about everything. But it's unfair not to credit the 20 to 30 doubles and stunt coordinators that help make them look really cool.

So did you actually do anything?
Absolutely. We're jumping out windows, crashing the vehicles and getting into fights — the debris tube, flying down that thing. But insurance companies would have something to say if we tried to attempt it all ourselves.

Did you get any injuries on set?
None that I have any cool stories about. The only injury I got — and it was self inflicted — there's a moment in the car chase when I punch the steering wheel ... and I shredded my knuckles on the Mercedes-Benz badge.

There is a lot of punching, not just from you. Did you guys have punching training?
There are a few punches going around. All that stuff is choreographed — it's like learning a dance. The steering wheel one was kind of stupid.

Did you punch it — for real?
I punched the sh— out of it. Our director, John Moore, was trying to get me worked up because that's cutting in a moment when Jack is hugely frustrated with his father. He was like, 'Feel free to punch the wheel.' So I went for it. I remember looking at the Mercedes sign and seeing chunks of my skin in it. It hurt.

Willis is on his fifth Die Hard — this is your first. What tips did he give you for being the perfect John McClane Junior?
He didn't give me any tips. The kind of knowledge and wisdom that he passed on to me was more organic. I just learned a lot from working with the guy. It wasn't, 'Come here boy, let me show you how to do it.'

You fought Tom Cruise in Jack Reacher and lost. Could you take him in real life?
I'd give it a red hot go! He's pretty skilled, man. Who knows.

He's skilled, but he's so tiny!
That doesn't always equate to winning a match. What do they say? 'It's not the size of the dog in the fight, it's the size of the fight in the dog.'

So could you win?
I don't know. Maybe we can go toe-to-toe again sometime.

You were a kid when the original Die Hard movie came out. Which movie is your favourite?
Number 1. Not only is it the introduction to this iconic franchise, it's a quintessential action film. Great villains. It set up this convention of wisecracking humour balanced with epic action. And introduced this everyman we've come to love — John McClane.

Willis' catchphrase: I have trouble pronouncing it: yippee ki-yay.
You can't say Yippee ki-yay!!??...

How come you don't have a catchphrase? Make one up now.
I have no idea. I'll leave it to the professionals. We'll see whether something comes up if I get to reprise the role…

Best Health

Whiten your teeth with care

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the March/April issue of Best Health magazine, on newsstands now, writer Lisa Bendall looks into the various teeth-whitening products available at the drugstore and your dentist's office. Here's a snapshot:

The products you leave on your teeth for five, 20 or 30 minutes — the strips and gel trays, for example — are designed to restore teeth's enamel by removing dirt and debris. These products all contain hydrogen peroxide, which releases oxygen molecules in your mouth that react chemically with staining materials and lift them off.

But the strength of the hydrogen peroxide varies widely depending on the product: It's typically from three to 15 per cent in drugstore products, and anywhere from 15 to almost 40 per cent at the dental office. So, can it immediately damage the tooth's enamel?

That's a myth. According to North Vancouver dentist Dr. Bruce Ward, "There's no evidence of damage in the short-term."

It's not yet known whether extreme or long-term use can cause harm. And homemade whitening formulas made with lemon juice, baking soda or crushed strawberries are not a good idea as they bathe teeth in acid.

"You could end up with more sensitive teeth, and lose some tooth structure," says Ward.

For more info about how various products work, see the March/April issue of Best Health magazine, now on newsstand–or check out our new iPad edition! **TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.**

While safe in the short-term, no one knows if tooth-whitening products cause harm in the long run. ISTOCK

Get saucy to your liking with Salmon Teriyaki

ROSE REISMAN
for more, visit
rosereisman.com

This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

This is the number one choice for clients of my catering company.

As an alternative, grill the fish and serve the sauce separately. Use the sauce over chicken as well.

Ingredients

- 1/4 cup packed brown sugar
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- four 4-oz portions skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley

1. Preheat the oven to 425 F. Line a rimmed baking sheet with foil and spray with cooking oil.

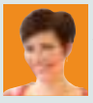
2. Whisk the brown sugar, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook over medium heat until thickened and smooth. Remove from the heat.

3. Place the salmon, skin-side down, on the prepared baking sheet. Spoon half the sauce over the salmon. Sprinkle with sesame seeds. Bake in the centre of the oven for 10 minutes per inch thickness of fish, or until the fish flakes easily when pierced with a fork.

4. Garnish with cilantro and sesame seeds and serve with the remaining sauce on the side. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

The truth about Vitamin D



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This month, anyone who lives north of sunny Atlanta is sunshine starved and therefore Vitamin D deficient. So, unless you have plans to fly south soon, you had better have a backup plan.

Milk (and some brands of milk products, like yogurt) are Vitamin D fortified.

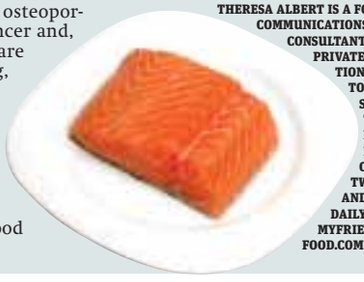
But, the amounts aren't high enough to ensure you are topped up to a protective level to prevent osteoporosis, cancer and, studies are showing, many other chronic illnesses.

Here are some good sources:

1. **Salmon**
2. **Cod liver oil**
3. **Liver**
4. **Eggs**
5. **Caviar**
6. **Greek caviar dip taramosalata**

Keep in mind that enjoying all of these foods each day nets you only about half of the recommended amounts: two glasses of milk, a serving of salmon and an egg a day.

Get as much as you can from your plate and glass but remember Vitamin D is one of those nutrients you may want to consider supplementing — or flying south to get!



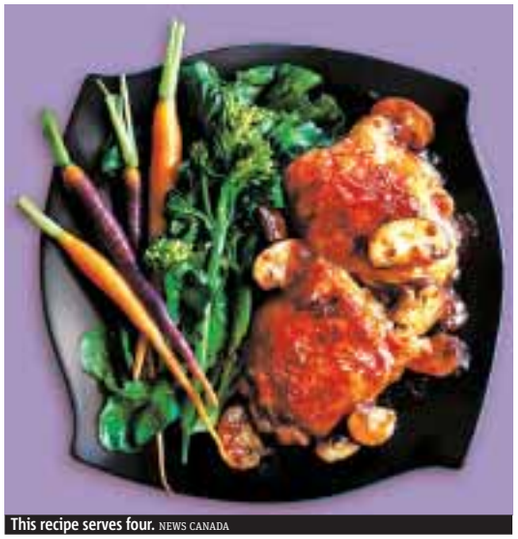
THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Add Asian flavour to your weeknight meal

For a meal idea that is quick and easy to prepare, try this Braised Chicken Thighs with Chinese Broccoli recipe.

The tangy sauce paired with the crisp Chinese broccoli adds excitement to a usual dinner staple that will easily become a new family favourite.

Also, any green vegetable like swiss chard, broccoli, asparagus, sautéed zucchini or spinach makes a great side dish for this chicken



This recipe serves four. NEWS CANADA

1. Heat oil in Dutch oven or large saucepan over medium-high heat. Brown chicken on both sides, about 8 minutes total. Remove chicken and set aside.

2. Add mushrooms to pan and cook over high heat until lightly browned, about 4 minutes. Place chicken in pan with the Stir-Fry Sauce and 1 cup (250 ml) water; cover and simmer over low heat until chicken is no longer pink inside, about 12 minutes.

3. Meanwhile, in a large pot of lightly salted boiling water, cook broccoli until tender, about 8 minutes. Drain broccoli and serve alongside chicken once it is ready.

NEWS CANADA/ VH SAUCE

Ingredients

Prep time: 5 minutes
Cooking time: 30 minutes

- 1 tsp (5 ml) vegetable oil
- 8-9 chicken thighs, skin-on, bone-in (about 4 lb/2 kg)
- 3 cups (750 ml) finely sliced brown mushrooms
- 1 jar (355 ml) VH Szechuan Stir-Fry Sauce or the General Tao Stir-Fry Sauce
- 1 lb (500 g) Chinese broccoli

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Canada: The cyber-shopping juggernaut

Alison on Money. After years of growth, is online shopping the new norm?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Canadians are cyber-shopping obsessed. According to a June 2012 MasterCard Spending Pulse Report, e-commerce grew by an astounding 24.9 per cent in the first six months of 2012 compared to the same period in 2011. At the same time the general economy grew a modest 2.2 per cent.

My own shopping habits have fallen in line with the statistic. In the past year, I've ordered everything from fresh roasted organic coffee to vegetables, supplies for my horses and wine.

Cyber shopping is a trend that was widely predicted before the dotcom crash of 2000. The old economy, bricks and mortar, was going to wither away and be replaced by new economy, Internet-based businesses.

But it didn't happen. At least not then. However, change sneaks up on you, and makes itself evident with a big bang. The seemingly overnight disappearance of video stores comes to mind. And once golden Best Buy suddenly became the place for window shoppers who then beetled on home to buy online.

The Best Buy experience proves the point that many consumers still like to see an actual physical specimen, especially with big-ticket items. Internet research and marketing company WWW Metrics notes that retailers with both a physical and online presence saw high dollar item growth of 23 per cent last year while online-only retailers reported nine per cent. It's hardly surprising. Who wants to shell out a large sum when you can't kick the tires? I recently priced gazebos online, but didn't want to pay $4,500 sight unseen. I finally chose a local company, which had sample products assembled for viewing.

Consumers still like to see a physical product. Research shows retailers with both a physical and online presence saw incredible growth. ISTOCK IMAGES

Selling such big-ticket items is likely the next retail challenge. Large chains like Sears and the Brick have gone one way by rolling out smaller stores specializing in beds and appliances. Lowes and Home Depot have taken a different route, offering a limited physical array in categories such as carpeting, kitchen and bathrooms with far more product available through special order or online only.

Ironically booming e-commerce may make the biggest bricks and mortar chain of all, Walmart, even more dominant thanks to its already strong Internet presence.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

The season for saving

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

If you haven't already noticed from all the chipper television commercials lately, it's Registered Retirement Savings Program (RRSP) season! Now is the time to rush to your financial advisor's office and make a contribution for the 2012 tax year.

What's the big rush? Each year you have until March 1 to contribute to your RRSP and have it count toward the previous tax year.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal; typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

And, the benefits of contributing to an RRSP don't stop there.

The law of reinvested returns states that more money grows larger and faster than less money; when invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

If you're over the age of 18 and have current government issued identification, you can open an RRSP account through your local bank or financial advisor. Often times employers will provide RRSPs or an equivalent tax-advantaged retirement savings program. Once your account is opened, individuals can contribute up to 18 per cent of their income, up to $22,970 for tax year 2012, and the limit can sometimes vary depending on your pension program at work . If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

For most young people, contributing the maximum is nearly impossible. But, don't fret. Build RRSP savings over the long term by contributing regularly on pay-day and increasing your contributions annually until you reach your maximum limits. Sometimes employer retirement savings programs will even have a matching component.

So sign up and take advantage of free money!

We're not filling up on appetizers

Dear Mr. Butler:
I don't understand why people serve appetizers before dinner. I find that it generally either fills me up or my guests just eat them and then don't appreciate the dinner I made for them. What's the point and what are the guidelines?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Now in my opinion most hosts confuse a cocktail party from the cocktail hour.

First, the "cocktail hour" before a sit-down dinner is not supposed to be a long event. Ideally, 30 to 40 minutes. But since in most cases alcohol is being served so that your guests don't get drunk on an empty stomach prior to dinner, serving a small amount of food is a very good idea. This keeps both your stomach happy and whets your appetite in anticipation for dinner.

A cocktail party has no "sit-down" meal portion, so serving plenty of appetizers throughout the entire time guests are at your house drinking alcohol is appropriate and very necessary.

Remember we always need to serve food when serving alcohol. But the difference here is that since we don't have dinner, the appetizers are the meal being served, thus a great quantity is needed. But remember, no matter what, appetizers should be one bite, maximum two, NEVER MORE!

The larger the appetizer the harder it is for people to eat, and this makes people both uncomfortable and often avoid a particular food item as they are afraid to make fools or a mess of themselves in the middle of your living room.

One bite, two bites, but never, ever more. ISTOCK IMAGES

Did your dream date turn out to be a nightmare?

How romantic. Metro readers share some dating disaster stories

Valentine's Day has come and gone, but love is still in the air for Metro readers who were all too happy to share their dating stories; though these tales are more full-on disasters than happily-ever-afters.

This couple probably won't live happily ever after. ISTOCK IMAGES

Mike Kozubski
I had been talking to this girl on the phone who I met on a dating site about a year after splitting from my wife, and thing things were going great.

I asked her out a few times, but every time she said to just come over, so one day I did. But when I got there, her place was a mess and all she wanted to do was get high and have a good time like a teenager. This woman was the same age as me, but still acted like she was 16. She had other guys phoning non-stop and she would stop and answer their calls to make dates, then try coming back to make out with me. It was too much to handle, and I finally blew my top when I learned that she had just broken up with a 16-year-old and walked out.

Taggart Romkey
I stopped e-dating because I kept attracting weird and creepy people. I met this one girl who was my age (26) online. We decided to meet up, which was a bad idea. She showed up at Second Cup with a pacifier in her mouth, I kid you not. She told me she wanted me to be her daddy. I have since blocked her on my phone and Skype. She and a few other creepy crawlers made me decide to avoid online dating.

Kris
I met a guy and just a few minutes into the first date, he said to me, perfectly deadpan, in the middle of a Tim Hortons: "I like to clean and do household chores for dominant women." I just said, "Hmmm. That's not quite what I'm looking for, I'm gonna go now!"

Thank goodness my next date was the one who turned out to be my husband.

METRO

WHL

Blades blast 5 past Wheat Kings

The Saskatoon Blades scored five unanswered goals to win their 12th straight game, 5-1 over the Brandon Wheat Kings in Western Hockey League action on Monday.

Darren Dietz, Lukas Sutter, Josh Nicholls, Matej Stransky and Shane McColgan each scored for Saskatoon (35-21-3).

Jason Swyripa opened the game's scoring in the first period with Brandon's (21-35-5) first and last goal.

Blades goaltender Andrey Makarov made 19 saves.

THE CANADIAN PRESS

CFL

Alouettes to name new bench boss

The Montreal Alouettes have settled on Marc Trestman's successor.

The Alouettes have scheduled a news conference Tuesday morning when they're expected to announce the appointment of Dan Hawkins as their new head coach.

Hawkins would take over for Trestman, who was hired as the Chicago Bears' head coach last month following five seasons with Montreal. Over that time, Trestman led the Alouettes to consecutive Grey Cup titles (2009-10) and was named the CFL's coach of the year in '09.

The 52-year-old Hawkins is hardly a household name in Canada, having no previous CFL head-coaching experience. But the Alouettes certainly raised eyebrows in 2008 when they hired Trestman as their head coach.

While the 57-year-old arrived with an impressive resumé — 17 seasons as an NFL assistant and time coaching in the NCAA — he was assuming his first head coaching position with no previous CFL experience.

THE CANADIAN PRESS

Flyers forward Danny Briere, left, watches a shot slide past Islanders defender Mark Streit and goalie Evgeni Nabokov with Philadelphia's Mike Knuble screening on Monday in Uniondale, N.Y. The Flyers defeated the Islanders 7-0. SETH WENIG/THE ASSOCIATED PRESS

Giroux helps Flyers right ship vs. Islanders

NHL. New captain combines with Voracek, Read to ease Philly's road-trip woes

Claude Giroux had seen enough once the Philadelphia Flyers absorbed a one-sided defeat to Montreal in the midst of an already tough trip.

The new captain met with his club for a few minutes Saturday and told his teammates the effort and production weren't good enough from anyone — including himself.

The message wasn't kept behind closed doors. Giroux made a public declaration that things had to change quickly. In his first chance to put his words into action, Giroux led by brilliant example.

He scored 26 seconds into Monday's matinee against the New York Islanders and added a goal and an assist in the second period of the Flyers' 7-0 win.

Giroux combined with linemates Matt Read and Jake Voracek for three goals and 10 points as Philadelphia (7-9-1) earned just its third road win in 12 away games this season.

"We played with attitude. High intensity, and played as a team," Giroux said. "That's how we have to play — a full 60 minutes. We didn't let down and we wanted to win. I think it showed."

Read had a goal and two assists and Voracek had a career-high four assists. Ilya Bryzgalov made 19 saves for his first shutout of the season and 30th in the NHL.

Giroux led from the opening shift that included a hit on Islanders star John Tavares before starting the scoring. He hadn't scored in seven games and netted only one goal in 14 after posting a goal in each of Philadelphia's first two games.

"When you're a young guy and you become captain, it's a pretty heavy weight sometimes," veteran forward Mike Knuble said. "A lot of the extra things that go along with being captain maybe drag you down a little bit and maybe make you feel like you're playing with a lot on your back.

"You could tell that he got something out of his system and was playing like the point-per-game guy that he is."

THE ASSOCIATED PRESS

On Monday

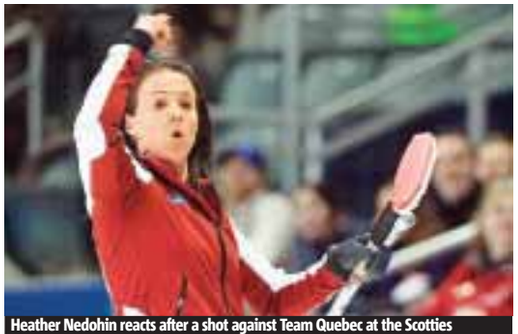
Flyers	Islanders
7	0

Elsewhere on Monday

- **Senators 2, Devils 1.** Jakob Silfverberg beat Martin Brodeur to his stick side in the shootout and goalie Ben Bishop turned aside 30 shots for his first victory of the season, giving the Ottawa Senators a 2-1 win over the New Jersey Devils on Monday.
- **Avs 6, Predators 5.** Paul Stastny and Jamie McGinn scored 13 seconds apart in the second period and Colorado snapped a nine-game losing streak against Nashville. Shea Weber scored with 1:18 left to make it a one-goal game, the only score of the final period.

THE ASSOCIATED PRESS

Nedohin, Jones lead pack at Scotties



Heather Nedohin reacts after a shot against Team Quebec at the Scotties Tournament of Hearts on Monday in Kingston, Ont. RYAN REMIORZ/THE CANADIAN PRESS

Team Canada's Heather Nedohin isn't just emotion and passion on the curling ice.

She's also a master tactician who thrives under pressure. Nedohin is as friendly as they come but packs an intensity-loaded wallop in competition.

Add it up and you've got a formula for success that's working once again at the Scotties Tournament of Hearts.

"She is an extremely determined and feisty individual," said Canadian lead Laine Peters. "A lot of that is so intrinsic. I don't think you can necessarily learn it; it's just in there.

"And she's got it."

Nedohin recorded her fifth straight victory Monday evening needing only seven ends to complete a 10-3 rout of Newfoundland and Labrador's Stacie Devereaux. The defending champs were joined by Manitoba's Jennifer Jones at 5-0 after seven draws.

Nedohin is known for delivering ear-piercing orders to teammates Peters, Beth Iskiw and Jessica Mair down the sheet. The 37-year-old Edmonton skip will sometimes jump in the air, twirl her arms around or contort her body in odd positions when her stones enter the house.

"She does have composure when she's calling the game, but when she's calling line for her shots she's so crazy," Peters said with a laugh. "We see the replays and we kill ourselves laughing because she's so full of emotion and excitement."

Nedohin simply doesn't know how to play at a low intensity.

"We like that because she pumps all of us up," Peters said. "She brings that excitement that makes us all feel that way."

THE CANADIAN PRESS

Kobe Bryant blocks the shot of LeBron James on Sunday during the 2013 NBA all-star game in Houston. The first half of the season hasn't gone as planned for Bryant and the Los Angeles Lakers, but the all-star is confident his team will fare much better in the second half. SCOTT HALLERAN/GETTY IMAGES

Bryant confident in a turnaround for lowly L.A. Lakers

NBA. Second half of season begins Tuesday with Los Angeles 10th in the West; Heat on hot streak leading East

Kobe Bryant and the Los Angeles Lakers turned their attention Monday from bad basketball and trade talk to more sombre matters.

The death of Jerry Buss, their longtime owner, was a blow for a franchise that was so often in a championship chase under his leadership. With Magic Johnson and Kareem Abdul-Jabbar, Bryant and Shaquille O'Neal, and finally Bryant and Pau Gasol, the Lakers won 10 titles since Buss became owner in 1979.

The Bryant-Gasol-Dwight Howard-Steve Nash combination wasn't working nearly as well.

The Lakers are 25-29, currently in 10th place in the Western Conference, miles behind the Clippers in their division and their own building, and out of the playoff race. Gasol is hurt and Howard has been unhappy, leading to speculation he could be dealt before Thursday's trade deadline even though the Lakers have said otherwise.

Yet Bryant spoke confidently of a turnaround on Sunday after the all-star game, just hours before Buss's death at 80.

"I think we've been playing pretty well coming into the break," Bryant said. "We laid a couple of eggs there against the Celtics and the Clippers, but all in all we've been playing pretty well, much better than we have been. We just have to continue to improve and we'll do much better in the second half."

It starts on Tuesday, with the Lakers looking to get back on track, the Miami Heat in command in the East and LeBron James in command of everyone.

Bryant blocked James' shots twice in the final minutes of the West's 143-138 victory over the East on Sunday in the all-star game. It was a rare failure for James, who has been sensational all season and whose Heat have hit their stride. Miami ran off seven straight victories going into the break and is starting to build a comfortable lead in the conference.

New York is the closest challenger in the standings, while Indiana and Chicago have already beaten Miami this season and could become stronger with Danny Granger soon returning to the Pacers and perhaps Derrick Rose coming back to the Bulls at some point. THE ASSOCIATED PRESS

They're No. 1

At 42-12, San Antonio has the league's best record.

NBA

Buss dead at 80

Jerry Buss, the Los Angeles Lakers' playboy owner who shepherded the NBA team to 10 championships from the Showtime dynasty of the 1980s to the Kobe Bryant era, died on Monday. He was 80.

He died at Cedars-Sinai Medical Center in Los Angeles, said Bob Steiner, his assistant.

Buss had been in hospital for most of the past 18 months while undergoing cancer treatment, but the immediate cause of death was kidney failure, Steiner said.

"He was a great man and an incredible friend," tweeted Hall of Famer and former Laker Magic Johnson. THE ASSOCIATED PRESS

Jerry Buss THE ASSOCIATED PRESS FILE

MLB

Jeter takes to field at Yankees camp

Derek Jeter received an ovation that could be heard throughout Steinbrenner Field when he jogged onto the diamond for the New York Yankees' first full-squad workout on Monday.

Jeter took part in most of the team drills, including on-field batting practice for the first time since undergoing ankle surgery last October. The 38-year-old captain, who has been hitting in an indoor cage, also took part in a 25-minute defensive session at shortstop.

"It felt good," Jeter said. "It's the first time I'm doing everything on the field, in terms of hitting on the field, groundballs on the dirt."

Jeter broke his left ankle lunging for a grounder in the AL championship series opener against Detroit on Oct. 1 and had surgery a week later. THE ASSOCIATED PRESS

Derek Jeter THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	36	14	.720	—
New York	32	18	.640	4
Indiana	32	21	.604	5 1/2
Brooklyn	31	22	.585	6 1/2
Chicago	30	22	.577	7
Atlanta	29	22	.569	7 1/2
Boston	28	24	.538	9
Milwaukee	26	25	.510	10 1/2
Philadelphia	22	29	.431	14 1/2
Toronto	**21**	**32**	**.396**	**16 1/2**
Detroit	21	33	.389	17
Cleveland	16	37	.302	21 1/2
Washington	15	36	.294	21 1/2
Orlando	15	37	.288	22
Charlotte	12	40	.231	25

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	42	12	.778	—
Oklahoma City	39	14	.736	2 1/2
L.A. Clippers	39	17	.696	4
Memphis	33	18	.647	7 1/2
Denver	33	21	.611	9
Golden State	30	22	.577	11
Utah	30	24	.556	12
Houston	29	26	.527	13 1/2
Portland	25	28	.472	16 1/2
L.A. Lakers	25	29	.463	17
Dallas	23	29	.442	18
Minnesota	19	31	.380	21
New Orleans	19	34	.358	22 1/2
Sacramento	19	35	.352	23
Phoenix	17	36	.321	24 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

TUESDAY'S GAMES — ALL TIMES EASTERN

Toronto at Washington, 7 p.m.
Charlotte at Orlando, 7 p.m.
Memphis at Detroit, 7:30 p.m.
Milwaukee at Brooklyn, 7:30 p.m.
Chicago at New Orleans, 8 p.m.
Boston at Denver, 9 p.m.
Golden State at Utah, 9 p.m.
Phoenix at Portland, 10 p.m.
San Antonio at Sacramento, 10 p.m.

WEDNESDAY'S GAMES

Memphis at **Toronto**, 7 p.m.
New York at Indiana, 7 p.m.
Detroit at Charlotte, 7 p.m.
New Orleans at Cleveland, 8 p.m.
Philadelphia at Minnesota, 8 p.m.
Brooklyn at Milwaukee, 8 p.m.
Oklahoma City at Houston, 8 p.m.
Miami at Atlanta, 8 p.m.
Orlando at Dallas, 8:30 p.m.
Boston at L.A. Lakers, 10:30 p.m.
Phoenix at Golden State, 10:30 p.m.

THURSDAY'S GAMES

Miami at Chicago, 8 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	16	11	5	0	52	38	22
New Jersey	16	9	3	4	42	38	22
NY Rangers	14	8	5	1	38	35	17
Philadelphia	17	7	9	1	45	49	15
NY Islanders	15	6	8	1	45	54	13

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	15	10	4	1	43	34	21
Boston	13	9	2	2	37	31	20
Toronto	16	10	6	0	46	36	20
Ottawa	16	8	6	2	37	31	18
Buffalo	16	6	9	1	46	54	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	14	8	5	1	41	40	17
Tampa Bay	14	7	6	1	55	45	15
Florida	15	4	7	4	35	56	12
Winnipeg	14	5	8	1	35	46	11
Washington	15	5	9	1	41	51	11

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	15	12	0	3	51	31	27
St. Louis	15	9	5	1	52	48	19
Nashville	16	7	4	5	35	35	19
Detroit	15	7	6	2	40	44	16
Columbus	15	4	9	2	34	48	10

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	14	8	3	3	41	33	19
Minnesota	15	7	6	2	33	38	16
Edmonton	14	6	5	3	35	38	15
Colorado	14	6	7	1	37	43	13
Calgary	14	5	6	3	39	51	13

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	14	11	2	1	50	37	23
Phoenix	16	8	6	2	44	41	18
San Jose	14	7	4	3	37	33	17
Dallas	16	8	7	1	41	43	17
Los Angeles	13	5	6	2	30	36	12

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

MONDAY'S RESULTS

Ottawa 2 New Jersey 1 (SO)
Philadelphia 7 NY Islanders 0
Colorado 6 Nashville 5
Montreal 3 Carolina 0
Toronto 3 Florida 0
Phoenix 4 Calgary 0
Columbus at Anaheim

TUESDAY'S GAMES — ALL TIMES EASTERN

Montreal at NY Rangers, 7 p.m.
Winnipeg at Buffalo, 7 p.m.
NY Islanders at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
San Jose at St. Louis, 8 p.m.
Detroit at Nashville, 8 p.m.
Vancouver at Chicago, 8:30 p.m.
Los Angeles at Edmonton, 10 p.m.

WEDNESDAY'S GAMES

Philadelphia at Pittsburgh, 7:30 p.m.
St. Louis at Colorado, 10 p.m.
Los Angeles at Calgary, 10 p.m.

THURSDAY'S GAMES

Florida at Philadelphia, 7 p.m.
New Jersey at Washington, 7 p.m.
Buffalo at Toronto, 7 p.m.
Winnipeg at Carolina, 7 p.m.
NY Islanders at Montreal, 7:30 p.m.
NY Rangers at Ottawa, 7:30 p.m.
Boston at Tampa Bay, 7:30 p.m.
Columbus at Detroit, 7:30 p.m.
Vancouver at Dallas, 8:30 p.m.
Minnesota at Edmonton, 9:30 p.m.

MAPLE LEAFS 3, PANTHERS 0

First Period

1. Toronto, Kessel 3 (van Riemsdyk) 17:04
Penalties — Orr Tor (Fighting) 2:41, Parros Flo (Fighting) 2:41.

Second Period

2. Toronto, Kadri 5 (Phaneuf, Macarthur) 12:13 (pp)
3. Toronto, Macarthur 3 (Kadri, Franson) 13:57
Penalties — Franson Tor (Interference) 6:21, Komarov Tor (Diving) 7:28, Campbell Flo (Interference) 7:28, Fleischmann Flo (Hooking) 10:47, Strachan Flo (Fighting) 14:43, McLaren Tor (Fighting) 14:43, Gudbranson Flo (Cross-checking) 15:37, Komarov Tor (Diving) 15:37.

Third Period

No Scoring
Penalties — Kovalev Flo (Tripping) 7:18, Kessel Tor (Hooking) 11:58, Kessel Tor (Tripping) 17:50.

Shots

Toronto	**12**	**14**	**6—32**
Florida	**14**	**11**	**12—37**

Goal — Toronto: Scrivens (W, 4-3-0). Florida: Theodore (L, 4-6-2).
Power plays (goal-chances) — Toronto: 1-2. Florida: 0-3.
Referees — Rob Martell, Kelly Sutherland.
Linesmen — Steve Barton, Brad Kovachik.
Attendance — 17,177 at Florida.

Horoscopes

♈ Aries
March 21 - April 20
Your duties and chores may be restricting you to one place but don't let it stop you from looking further ahead. Start making plans now. The day when you can do something with them may not be far away.

♉ Taurus
April 21 - May 21
As an Earth sign, you usually stick with the same old routines but if you try something different today, the element of surprise could work in your favour. You may even surprise yourself by how much you enjoy it.

♊ Gemini
May 22 - June 21
The next few days will be hugely important for those Geminis who want to move up in the world. The Sun in the career area of your chart is on your side. Only fear of success can hold you back.

♋ Cancer
June 22 - July 23
Someone needs your support today. You may not entirely approve of the choices they have made but you will be there for them nonetheless. You may even be secretly impressed that they refuse to follow the herd.

♌ Leo
July 24 - Aug. 23
If you can't make others understand what you are trying to explain, don't worry about it. This is one of those times when everyone is likely to get things mixed up, but it will all make sense in the end.

♍ Virgo
Aug. 24 - Sept. 23
You might as well be more tolerant today because partners and loved ones will do their own thing whether or not you approve. In fact, if they know you object they may take delight in doing it all the more.

♎ Libra
Sept. 24 - Oct. 23
Resist the urge to interfere in other people's private affairs today. If you stick your nose where it isn't asked for and isn't wanted, you could find that you do unite the warring factions — against you!

♏ Scorpio
Oct. 24 - Nov. 22
It seems you are missing one final piece of a puzzle that has been annoying you and you may find it today. When you do, don't be surprised if the picture looks different than what you expected.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun in Pisces at this time of year makes loved ones a bit sensitive, especially to criticism, so keep your Sagittarian habit of calling it as you see it under control. You don't always have to tell the truth.

♑ Capricorn
Dec. 22 - Jan. 20
Honesty is always the best policy — but it cuts both ways. If someone says something you disagree with today, you should look at their remarks closely before you hit back. Maybe there's some truth to them.

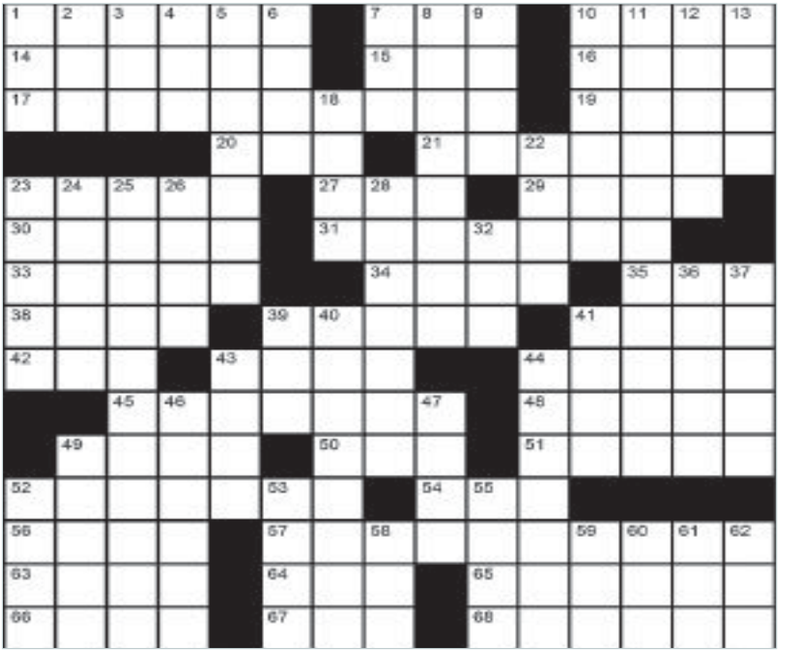
♒ Aquarius
Jan. 21 - Feb. 19
For some strange reason almost everyone you meet lately wants to be helpful, to do you favours. Should you take advantage of the situation? You most certainly should! It may be a long time before you are this popular again.

♓ Pisces
Feb. 20 - March 20
Even if you are not a particularly ambitious Piscean, the Sun's journey through your sign over the next few weeks will ignite your desire to make something of yourself. Bigger and better things await you.

SALLY BROMPTON

Crossword: Canada Across and Down

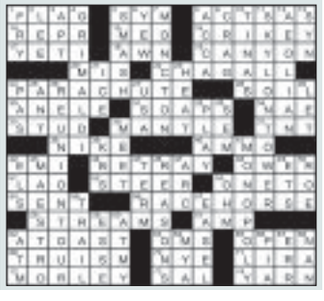
BY KELLY ANN BUCHANAN



Across
1. Canadian star of "Grey's Anatomy", __ Oh
7. Typing-efficiency meas.
10. Briefly get ready
14. Hawaiian greetings
15. "__-haw!"
16. Lively circle dance
17. Ottawa's __ Buildings
19. Departed one's bio
20. Compass dir.
21. Anne Hathaway's Oscar-nominated role in "Les Miserables"
23. Early-'80s Tom Hanks sitcom, "__ Buddies"
27. MLB's Diamondbacks, on scoreboards
29. 'Chamel' completers
30. Prefix to 'violet'
31. Most profound
33. Oscar-winner Sophia
34. Happy
35. Clock's li'l time segments
38. "The Brady Bunch" son
39. Cram
41. Laboratory bottle
42. Summer clock setting [acronym]
43. Don't pass
44. "__ bleu!"
45. "Oh What a Feeling" band
48. Signed, as a deal
49. Norse thunder god
50. Period
51. Tavern orders
52. What $20 bills are made of
54. Sault __. Marie, Ontario
56. 'Hypn' suffix
57. RRRoll Up the Rim to Win chain: 2 wds.
63. Same: French
64. Wee weekday
65. Greek Myth: Muse of astronomy
66. Some punk music fans
67. 'Enthusi' ender
68. High school in "Grease" (1978)

Down
1. Exhaust
2. Birmingham's li'l state
3. Agatha Christie novel, _ __ M?
4. FedEx rival
5. Dustin Hoffman/Tom Cruise Oscar-winning film: 2 wds.
6. Wise __ owl: 2 wds.
7. X's spelled-out follower
8. Montreal Neurological Institute founder, Dr. Wilder __
9. Prefix to 'morphosis'
10. Pics
11. Canadian actor Alan's singer/songwriter son: 2 wds.
12. "Happy Days" actress Ms. Moran's
13. Cracker topping
18. Honey drink
22. Require
23. WWII's Battle of the __
24. "_ ___..." (Prayer opener)
25. Celeb's long ride to the Oscars?: 2 wds.
26. Portland, __.
28. Frequent customer
32. Salary
36. More unique
37. Toboggans
39. Viewed
40. Captain James T. Kirk ...the 'T.' stands for what?
41. Weather __ (Barn topper)
43. Shape
44. "Mimi on the Beach" singer
46. Posh cars, Rolls-__
47. Foolhardy
49. Symbolic pole
52. Apple or pear, in botany
5. "At Last" singer Ms. James
55. __ of duty
58. "How I __ Your Mother"
59. Small amount
60. U2 song
61. Nothing
62. Pizzeria owner in "Do the Right Thing" (1989)"

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

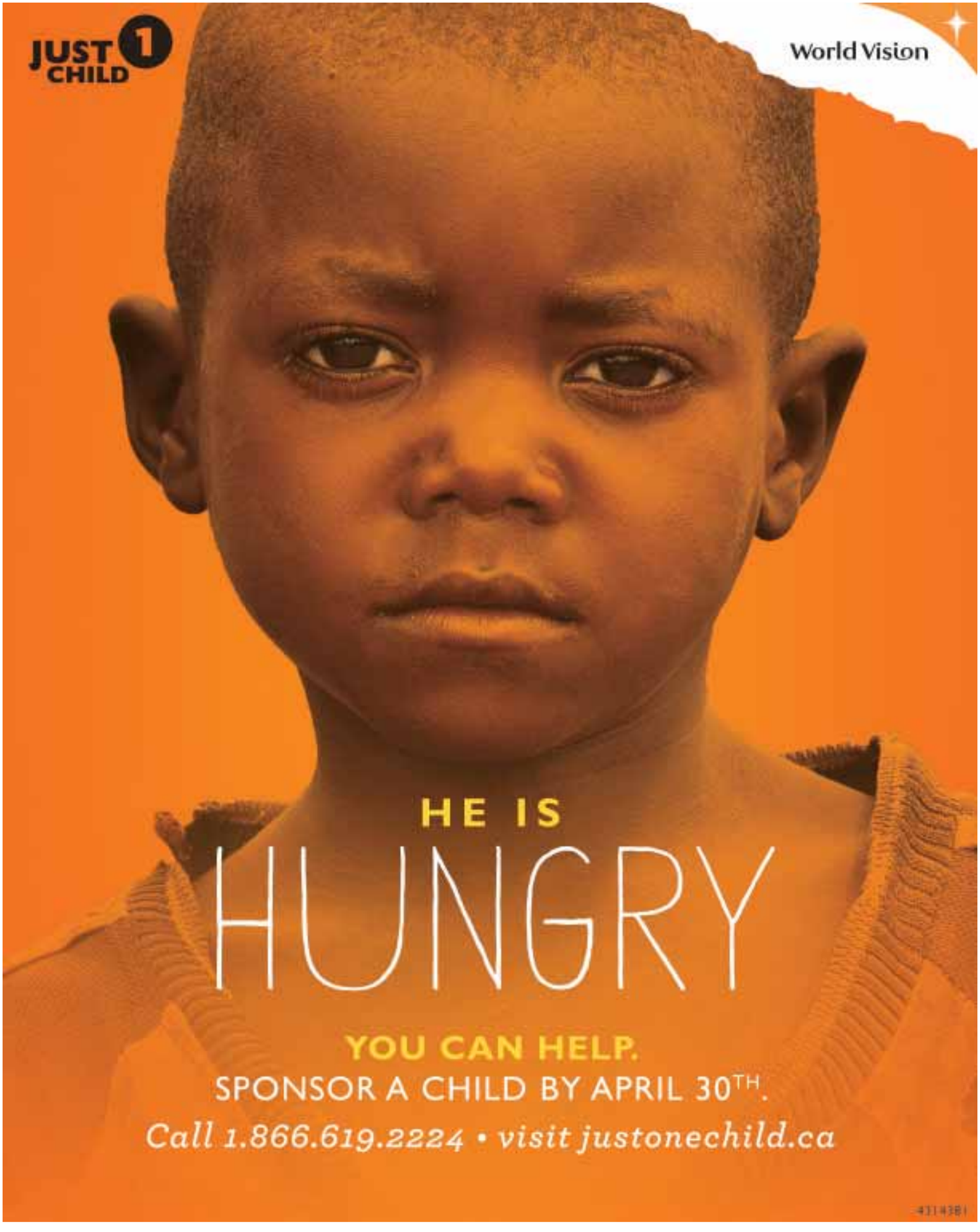
	6	9	2		4	3	7	
3	4						9	5
		6	8		2	5		
	1			4			3	
		4	9		1	2		
9	7						5	4
	2	1	5		9	8	6	

Friday's Sudoku

9	1	5	7	6	3	2	4	8
7	3	2	8	1	4	6	9	5
6	8	4	2	5	9	7	1	3
4	7	8	6	9	1	3	5	2
1	2	3	5	7	8	9	6	4
5	6	9	3	4	2	8	7	1
2	9	6	4	3	5	1	8	7
3	4	1	9	8	7	5	2	6
8	5	7	1	2	6	4	3	9

Sharability

easy — hard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